

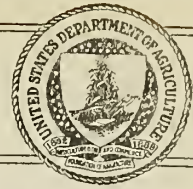
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U. S. DEPARTMENT OF AGRICULTURE Office of Information Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MAY 1, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

- - -

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Cereal in porridge or pudding

Potatoes

Tomatoes (or oranges) for children

A green or yellow vegetable

A fruit or additional vegetable

Milk for all

Two to four times a week --

Tomatoes for all

Dried beans and peas or peanuts

Eggs especially for children

Lean meat, fish, or poultry, or cheese

CHILDREN'S FOOD AND THEIR TEETH

Child Health Day is a good day for reminders, and none fits the occasion better perhaps than the good old proverb, "An ounce of prevention is worth a pound of cure". There are no better "ounces of prevention" than those that come in the form of food, as everybody knows. But to keep the child in health, it must be the right food, chosen carefully to meet all the different needs of the young and growing body. As just one of those needs, suggests the Bureau of Home Economics, of the U. S. Department of Agriculture, consider what food means to the children's teeth.

Scientists agree that to have good teeth, we must have food that will furnish the materials of which teeth are made. And not only must the child have the foods that will make good teeth, but his mother should have those foods before he

is born -- that is, foods rich in minerals and vitamins, so that the tooth-building process can go on properly from the very beginning of the baby's life. Unless the mother's diet is sufficient for both the baby and herself, the baby's needs will be met at the expense of the mother. It used to be a saying that mothers paid the price of "a tooth for every child" -- which need not be if their diet is right.

Proper food is important for every living thing, but much more important for the little body that has to build itself and grow. Two of the minerals -- calcium and phosphorus -- are the chief building materials for bones and teeth. Two of the vitamins -- C and D -- help along the building operations. If the bone-building materials are not on hand in plenty, the bones that form are weak and will easily bend out of shape -- making "pigeon breasts", perhaps, or bow legs, or very serious deformities in the child's body. If the helpful vitamins are not on the job, there will be clumsy work and bones or joints may be misshaped in the making. As for teeth, they may be weak, poorly developed or crooked, without good strong enamel, and more likely to decay.

In fact, two of the diseases which in earlier times were much more common among children than they are now -- scurvy and rickets -- are due to the lack of those very vitamins that are now known to be so important to the building of children's teeth. Scurvy affects the gums and teeth first of all, rickets all the bony parts of the body. Too many children nowadays have symptoms of these diseases -- mildly perhaps, but with lasting effects on their bodies, for you cannot bring back lost teeth or restore the shape of those that are deformed. Nor can you do much with misshapen bones. You can heal the mild forms of scurvy or rickets with proper food -- but the teeth and bones may never be as good as they would have been if the child had always had the foods he needed.

You can also stop decay -- with the help of the dentist and a better diet

for the child. For immediate repairs you must depend on the dentist, but he will probably tell you, as the nutritionist does, that when a child's teeth decay, it is more than likely there is something wrong with that child's food -- something you can correct. Over and over, dentists and nutritionists have checked decay in a child's teeth by giving the child more of the foods rich in tooth-making materials.

Fortunately the foods necessary for the making of good teeth are among the common every day foods of the farm and the market. First and most important is milk -- fresh milk, evaporated milk, dried milk, skim milk, buttermilk. Any or all of these will furnish the calcium and phosphorus needed for bone building. It is true you get calcium from a good many vegetables and fruits. And you get phosphorus from eggs and meats and fish -- plenty of phosphorus. But no food has such a good balance of calcium and phosphorus as milk, and nutritionists say it is very difficult, if not impossible, for a child to get calcium enough for his growing bones and teeth unless he gets plenty of milk. They recommend for young children a quart a day of fresh milk, or its equivalent in evaporated or dried milk -- though milk, of course, must not crowd out other important foods. Of evaporated milk, 17 ounces, with water to make a quart, is practically equal to a quart of fresh milk. Of dried skim milk, 3-1/2 ounces, or nearly a cupful mixed with water enough to make a quart, is about equal to a quart of fresh skim milk.

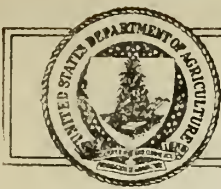
But calcium and phosphorus are not the whole story. They furnish building material, but only some of the building crew have arrived with the milk, and without a good force of vitamins on the job, the work will not be properly done. Milk contains a little vitamin D if it is milk from cows that have been pastured in sunshine and fed a good ration.

Milk may become a good source of vitamin D if specially treated to enrich it with this vitamin, as is now done by some dairies. But to make sure of enough vitamin D for the child, give him, in addition to his other food each day, 2 to 4 teaspoons of cod-liver oil or the equivalent in one of the other vitamin-rich fish oils. Then he will get plenty of vitamin D and also another vitamin which he needs for other purposes--vitamin A.

Milk contains a little vitamin C--raw milk does when warm and fresh from the cow. By the time it has cooled and been kept for a few hours, or after it has been pasteurized, the vitamin C is mostly gone. So you can't depend upon milk for vitamin C. For that vitamin we turn to the citrus fruits (oranges, grapefruit, lemons, tangerines) and tomatoes. To make sure the child has enough vitamin C, give him at least 2 tablespoons of orange juice every day, or twice that much tomato juice. If he is old enough to eat chopped raw vegetables, as salads or sandwich fillings, or raw fruits of any kind, he will get some vitamin C this way and can do with less orange or tomato juice. There is some vitamin C in cooked vegetables also--when they are properly cooked.

With plenty of milk, plenty of tomato juice or orange juice or lemon or grapefruit, and cod-liver oil besides, not forgetting also plenty of play in the sunshine, the child has a good start in life so far as his bones and teeth are concerned. To round out his diet, and fortify his growing body in every way as much as food can do it, give him also other vegetables and fruits, along with plenty of bread and cereals, eggs, and some meats or fish. Some of these foods may need special preparation for the little child. But a child needs the same variety of foods his elders need, for only in a variety can he get all the body-building and protective proteins, minerals and vitamins, and the energy-giving carbohydrates and fats required for healthy growth and development.

So, again, specialists in child nutrition advise a well-balanced diet--this time for the building and health of bones and teeth.



U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MAY 8, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW COST BALANCED DIET

| Every day -- | Every meal -- Milk for children, bread for all | Two to four times a week -- |
|------------------------------------|--|---------------------------------|
| Cereal in porridge or pudding | | Tomatoes for all |
| Potatoes | | Dried beans and peas or peanuts |
| Tomatoes (or oranges) for children | | Eggs (especially for children) |
| A green or yellow vegetable | | Lean meat, fish, or poultry, or |
| A fruit or additional vegetable | | cheese |
| Milk for all | | |

THE SCIENCE IN CANNING FRUIT

The berry season, now well along in some parts of the country, brings the canning season with it. And canning is a skilled job which must be done scientifically or the food will spoil. So it may be well to brush up on our canning science and look again at the principles that underlie the process by which we may stock up the pantry shelves with canned foods for next winter. The Bureau of Home Economics gives specific directions in "Canning fruits and vegetables at home," which is published by the U. S. Department of Agriculture as Farmers' Bulletin No. 1471-F, and may be had on request to the Department. But here are some points to keep in mind as you follow those directions.

Fruits and vegetables spoil because of certain natural changes that go on inside them and also because they are contaminated from outside. To preserve the foods those processes must be stopped. Ripening, for one thing, should not

go beyond a certain stage, if the fruit is to be at its best. And any food takes up bacteria, molds, and other organisms from the air, the earth, and almost everything that touches the food in the course of handling or preparing it for use. These organisms cause changes in the food which make it decay, or turn sour, or "spoil" some other way.

But canning stops all that. It ends the ripening process, of course. It kills the organisms and so sterilizes the food. And it keeps the food sterile by sealing it away from the air so that no other organisms can get in.

There is some difference, however, between canning fruits and canning most of the vegetables. In fact, the Bureau of Home Economics divides foods, for canning purposes, in two main classes: The acid foods, including fruits and tomatoes; and the nonacid foods such as corn, beans, peas, the rest of the vegetables, and all meats. The reason for this division is that in fruits and tomatoes, boiling temperature kills the organisms that would cause the food to spoil, whereas much higher temperatures are necessary to kill such organisms in corn or beans and peas, or any of the nonacid foods. In fact, you cannot be sure of getting the high temperatures you need to sterilize nonacid foods unless you have a steam pressure cooker.

The canning job before us right now, then, is the easier one, for berries are here and soon there will be cherries, plums, peaches, and pears. All of these are in the acid class, and for them we do not need a steam pressure cooker.

As to containers, you can use either glass or tin. Glass jars cost more to begin with, but they are economical because they can be used year after year, for any kind of fruit. Tin cans, however, are much cheaper, providing you already have a hand sealing machine. They do not break in handling, and for canning large quantities of food--as in a canning center--are usually preferred to glass.

The "red" fruits, however, change color in the ordinary tin cans. The red coloring matter is affected by the metal of the can and the fruit fades. The fading does not affect the wholesomeness of the fruit, but it does affect the looks, and can be avoided by using a particular kind of enameled tin can -- for the "red" fruits, use "R-enamel", also called "sanitary enamel" cans.

The "red" fruits include, of course, those that are actually red outside, like red berries, red cherries, red plums, red currants. But they include also a good many that are blue or black or purple on the outside, like black ras berries, blackberries, huckleberries, dewberries, loganberries, and blue plums. For all of these, use either glass jars, which do not affect the color at all, or "R-enamel" cans, advises the Bureau of Home Economics. Strawberries, however, will probably fade, whether you put them in glass, tin, or enamel.

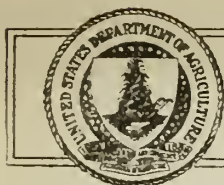
The first step in the fruit canning process is to get good fruit and use it without delay, after you have culled any that is bruised or imperfect, and washed the rest carefully. Then you heat the fruit, if you are using the "hot-pack" method, which the Bureau of Home Economics recommends. You heat slowly and thoroughly, either with sugar or in sirup, not to cook the fruit but to drive the air out of it and shrink it so you can put more into the can. Then you pack the hot fruit into the can.

Before filling your cans -- glass or tin as the case may be -- you wash, rinse, and sterilize them by boiling them in water. You leave them hot when the fruit goes into them, and seal them quickly before they begin to cool. You do not fill them quite full, but leave a little "headspace".

As the cans are filled with fruit and sealed, you "process" them--that is, you give them a final heating to kill any bacteria or other organisms that may be left in the fruit and that sooner or later may cause it to spoil. For this, if you do not have a ready-made water-bath canner, you can use a wash boiler, or some other big container partly filled with boiling water, with a rack on the bottom to hold the cans. You put the hot, sealed cans on the rack, with the water covering them and keep the water boiling. How long to keep the cans in the water bath depends on the kind of fruit, the size of the can, and whether it is glass or tin. The Bureau of Home Economics tells you, in Farmers' Bulletin 1471-F, how much time is needed for each fruit.

When the "processing", or sterilizing is done, you take the cans out of the hot water bath and let them cool. But here again, it is necessary to remember your physics and chemistry. If you set hot glass jars of fruit where a draft of cold air strikes them, they will break. And if, when they are cool, you store them where the light strikes them, the color of the fruit will fade. So you put glass jars away in a cool dark place. Tin cans may be cooled in water, and the light, of course, cannot reach the fruit in tin. The storage place, however, should be cool.

The canning of food is an application of the principles of three branches of science--bacteriology, physics, and chemistry. Though you do not have to be a scientist to succeed with it, you do have to follow those scientific principles if you want your canned foods to keep.



U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MAY 15, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children)
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --

Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry, or
cheese

FRUIT JELLIES -- AND PECTIN

To make fruit jelly you must have pectin. But what is pectin? Is there a bit of mystery about it to you -- even if you have made hundreds of glasses of beautiful jellies? Chemists say "the formation of jelly depends almost entirely upon the application of the laws of chemistry, more especially the laws of physical chemistry." And they admit they would like to know more about pectin than they do-- yes, and about "applying the laws of chemistry" to jelly-making. So there is scientific consolation for any troubles you may have in getting your jellies to "jell".

We know from the chemists, however, that pectin is a jelly-forming substance which develops in fruits as they grow and ripen. In very green fruits there is little pectin, but there is a substance that gradually turns to pectin. When the fruit is fully ripe the pectin begins to disappear -- changing chemically into still another substance and losing its jelly-making power.

So for jelly purposes you choose fruit that is nearly but not quite ripe, in order to get the most pectin. Then, because ripe fruit has more color and flavor, you use some ripe with the underripe fruit.

Three things are necessary to make fruit jelly -- pectin, fruit acid, and sugar. The best fruits for jelly, says the Bureau of Home Economics of the U. S. Department of Agriculture, have their own acid as well as their own pectin, so all you need to add is the sugar. This is true of tart apples such as the Winesap, of crabapples, currants, grapes, gooseberries, or plums of the Wild Goose type, all of which make beautiful jelly when you add sugar to the juice.

Some good jelly-making fruits, however, lack the necessary acid. Some blackberries, raspberries both black and red, ripe Concord grapes, plums and quinces have plenty of pectin and fine flavor for jelly, but not much acid. To get your jelly from these fruits, you add a little lemon juice -- the rule is, 1 tablespoon of strained lemon juice to each standard measuring cup of fruit juice.

Some acid fruits, on the other hand, have not enough pectin of their own to make jelly. This is true of strawberries, cherries, and peaches. It is true also of rhubarb, which though not a fruit, has a fine acid flavor for jelly. To make jelly of rhubarb or the acid fruits that lack pectin, you add pectin extract, which you can either buy, or make for yourself from apples (using skin, core and all), or from the white inside skin of oranges or lemons.

There is probably no fruit from which you can not make jelly by adding either pectin extract, or acid, or both, with the sugar that is needed. But this fact makes it important to guard against using so much pectin extract and sugar that you mask the delicate flavor of the original fruit. Another way to make jelly of the fruits that do not have much pectin is to combine them with fruits that do have it, choosing your fruits for flavor and color as well as for the amounts of pectin and acid in the combination.

In such combinations, of course, you must have one fruit that is rich in pectin, and you must have acid enough, either in one or both of the fruits, or by adding some. Lemon juice is the best acid to add because you need so little and the lemon flavor blends well with almost any other fruit flavor. But you also consider color and flavor other than acid, and choose your combinations of fruits accordingly. Currants and raspberries are good together, so are raspberries and gooseberries; grapes and crabapples; apples and quinces; cranberries and quinces -- and in these combinations you have pectin and acid, as well as good flavor and color.

So much for the materials for your jelly. Then come the science and art of making it. There are special directions to follow, of course, in preparing the fruit and straining off the juice. Then you cook the juice, with sugar, to the point where it meets the "jelly test" -- a very delicate point. To recognize it takes a trained eye and skilled judgment. The Bureau of Home Economics says:

"For this test, dip a large spoon into the boiling sirup, lift it up and let the sirup run off the side of the spoon. As the sirup cooks down, it reaches a stage when it no longer runs off the spoon in a steady stream, but separates into two distinct lines of drops, which 'sheet' together. Stop the cooking as soon as the boiling sirup shows this 'sheeting-off'."

Some jelly makers use a temperature test -- that is, they cook the juice to 219 or 221 degrees Fahrenheit, and at that point the jelly is supposed to be ready to pour into the glasses. But the Bureau of Home Economics does not consider temperature tests a safe guide. The temperature is not always the same at the jellying point. It varies with the kind and condition of the fruit.

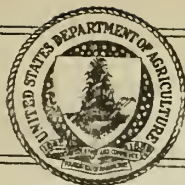
There are many reasons why it is best to work with small lots of juice at a time -- about 6 to 8 cups, good jelly makers advise. This quantity of juice with

the sugar boils down quickly to the jellying stage, and short cooking holds the fresh fruit flavor and color and makes jelly of the best texture.

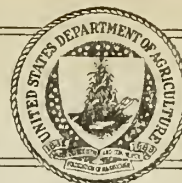
What you want in your jelly, says the Bureau, besides a delicate texture, is "a bright color and delicate flavor, characteristic of the fruit from which it is made. When turned out on a plate, a mold of jelly should be translucent and should hold its shape but quiver when the plate is moved. Jelly should be so tender that it cuts easily with a spoon, yet breaks with a sharp clear line."

Fruit juice may, of course, be canned and stored, for jelly-making later. The stored juice makes jelly of just as good texture as the fresh juice, and there is little difference in other respects. You would be able, by close comparison, to find a little better color and flavor in the jelly from fresh juice.

Full directions for making fruit jellies, and also for bottling fruit juices and for preparing home-made pectin extracts, may be had by writing to the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.



U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
MAY 22, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

| | |
|---|---------------------------------|
| Every meal — Milk for children, bread for all | |
| Every day — | Two to four times a week — |
| Cereal in porridge or pudding | Tomatoes for all |
| Potatoes | Dried beans and peas or peanuts |
| Tomatoes (or oranges) for children | Eggs (especially for children) |
| A green or yellow vegetable | Lean meat, fish, or poultry, or |
| A fruit or additional vegetable | cheese |
| Milk for all | |

FOR THE PICNIC LUNCH

The picnic season is here. But who is to say what the weather will be on the picnic day? Will it be cool enough for a picnic fire, or hot enough for all the cold things you can think of?

For this occasion, let us suppose a cool day — there will be plenty of hot days to plan for later — a day cool enough for a picnic fire to cook the picnic lunch. You can go back to nature and build your fire on the ground, or you can look for a ready-made fire-place in the park. And for a picnic with a fire you pack the lunch basket with the makings of the lunch, rather than the ready-to-eat cold things you take along on hot days.

Probably you have your favorite picnic dishes well in mind. But if not, here are a few suggestions. They come from the Bureau of Home Economics of the

U. S. Department of Agriculture, which always emphasizes, for picnic meals and all the others, a good variety of foods. You need more than bread and meat and potato chips or potato salad for a picnic dinner, as well as for any other.

To begin with the meat, however, Shall it be ground meat, to make into hamburger cakes and broil over the picnic fire -- for the huge roll sandwich the children clamor for? Or will you have bacon broiled on a forked stick? Or "kebabs" or "kabobs", or whatever you may call them -- those tempting morsels of meat the size of one good bite, which you slip on a long stick or a metal skewer, each piece with a slice of onion to follow -- then more meat, and more onion? You can use any kind of meat -- beef, pork, or lamb, one or all. You boil the skewerful over the fire, turning it so it cooks through and browns nicely all round.

For a "wienie roast" you cook the "wienies" or frankfurters on a stock, or on a grill or in a pan over the fire, each tempting sausage to be popped into a roll when it is done. Be sure it is thoroughly done, by the way. Frankfurters contain both pork and beef, and are only partially cooked when they are made.

With your frying pan along, you can have scrambled eggs. Or for that matter, ham or bacon and eggs.

There are other hot dishes that go well at a picnic, of course, which you can cook at home. If you have never tried it, you will be surprised to find how long a baking dish of scalloped potatoes will stay hot if well wrapped up on the journey. Or scalloped macaroni, cheese, and tomatoes. Or baked beans. Or a casserole of spinach in white sauce, beaten up with eggs and baked. If you don't have more than half-an-hour's trip to the picnic grounds, and are going just for lunch or supper, dishes like these are as easy to have at a picnic as at home. Still another one is ham sliced thin and fried at home, and carried in a hot baking dish.

Then for the green things -- which must not be forgotten in a picnic meal any more than at home. Garden lettuce, radishes and young onions are in season over most of the country now, and what could be better on a picnic plate? Or perhaps a few tomatoes and a cucumber or a green pepper to cut up together for a salad. Or maybe a slice of tomato or onion to tuck into each sandwich with meat or eggs or cheese for filling.

For a cheese spread, the green tops of young onions chopped fine and mixed with cottage cheese is one of the best -- chopped pickled onions, if you have them.

For a hot drink one of the best for a picnic is hot cocoa made with milk. It is one way of providing the children with their milk as well as with something hot, and grown-ups enjoy it too. But of course it is easy to have hot coffee, too -- and you can take milk along for the children.

For the finish of the picnic meal there is a fine choice of fruits just now. Berries of one kind or another. Apples, oranges, grapefruit, bananas. Or fresh pineapple, which is coming now in abundance from Cuba and Puerto Rico. Either cut up the pineapple and take it along, or wash it thoroughly at home and take it along whole to be cut up at mealtime at the picnic. Cut the pineapple lengthwise in slices melon-style, with skin on. Take the slice in your fingers and eat from the center. Or cut the slice crosswise into smaller wedges for convenience, and dip the point into sugar if you like.

A picnic meal in these days and times may easily be a well-rounded meal with bread and meat or eggs, milk, vegetables and fruit. The things too often neglected on a picnic jaunt are the green things and milk.

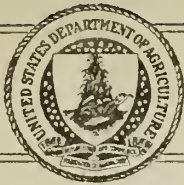
But now to go back to sausage for a moment. If you are buying frankfurters, or bologna, or liverwurst, either for home or picnic use, you will be interested to know that you can now buy, in many markets, Government-graded, dated sausages. This means that sausages so labeled are not only good enough to pass inspection as

a wholesome product, but that they are of first-rate quality as judged by experts of the U. S. Department of Agriculture. Attached to the sausages when the dealer gets them is a tag or sticker which certifies that they were "graded by an official grader of the Bureau of Agricultural Economics, that the date of grading is stamped thereon, and that quality at the time of grading was U. S. Grade No. 1".

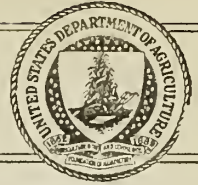
To many people, no doubt, all frankfurters, or all bologna, or all liver-wurst look alike as you see them on the counter. Some grades, however, are made of less desirable parts of the meat, or meat by-products instead of the better parts or better grades. Some frankfurters, in fact, are not made entirely of meat but partly of cereal. You probably cannot tell this by looking at them, but when you buy the Government-graded, dated sausage you know just what you are getting. U. S. Grade No. 1, of course, is first quality, all-meat sausage.

So far as sausage is concerned this is a new thing, though a grading service has been in operation by the Department of Agriculture for most kinds of meat for nearly eight years. The first graded sausages were put on the market a few weeks ago in Philadelphia, Baltimore, and Washington. Since then the demand has increased so fast the Government graders can hardly keep up with it.

Such a demand shows the popularity of sausage, of course, but it seems to show, also, that consumers are alive to the usefulness of grade labels for food products.



U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
May 29, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW COST BALANCED DIET

Every meal -- Milk for children, bread for all

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Lean meat, fish, or poultry, or
cheese

"NEW CABBAGE"

Cabbage is cheaper again, as we would expect with the new crop now well along. Since January there has been "new cabbage" from Florida. Then came shipments from Texas, Southern California, Mississippi, and South Carolina. Now these shipments are falling off, but North Carolina, the Norfolk district of Virginia, the Eastern Shore of Maryland, and Tennessee are shipping carloads of cabbage every day.

So cabbage -- "new cabbage" -- is plentiful on the markets, and by the time the southern shipments are over, northern gardens will furnish a new crop of their own. And finally, along about August, will come the late, or main crop to be harvested and stored for winter, or made into kraut.

Meantime, we will use up the "new cabbage" crop. It is grown to be used fresh, and not for storage. It is not the kind of cabbage that can be stored.

For this early crop truck gardeners plant quick-growing varieties, such as the Charleston Wakefield, Early York, or Winningstadt, and the Jersey Wakefield, the pointed cabbages; or the round Copenhagen cabbage; or the flat "Dutch" and "Succession" varieties. For home gardens a great favorite is another Dutch variety, "Glory of Enkhuizen".

"New" cabbage, by the way, is not immature, like "new" potatoes. The heads are full grown, but green almost all through unlike the tight, hard, and "bald" heads of the winter cabbage.

Cabbage, whatever its past, now ranks with the aristocratic vegetables. Its social standing, so to speak, is rather like that of the potato, claiming no rank or title, but recognized for its own high merit. Both cabbage and potatoes, fortunately, are to be had almost everywhere and at any time, and the price, though it varies, never goes high in comparison with other vegetables.

So cabbage is one of the standbys for a good diet at low cost. Bread and butter, meat, potatoes and cabbage, with milk to drink, make a balanced meal. And this is particularly true if the cabbage is "new", because of the fresh green leaves. The green color is a sign of its vitamin A and vitamin G, and also of iron. All green cabbage, new or old, contains these food substances, but the greener the leaves the more they contain. All cabbage contains also vitamins B and C, but the fresher the head, the more vitamin C it contains, for this particular vitamin is hard to preserve. To a considerable degree, it disappears from cabbage that is stored. But you get it in new cabbage because new cabbage is used fresh, though you may lose some of it in cooking. To guard against this as far as possible cook in very little water for a very short time.

So, make the most of spring and summer cabbage while you may says the Bureau of Home Economics of the U. S. Department of Agriculture.

First, salads: Early cabbage makes beautiful salads, and when used raw and

fresh you get all of its fine food values. The leaves are curly and may be used as a bed for the salad, as you often use lettuce leaves. You can make the salad itself of chopped cabbage with cucumber diced or cut in crisp thin slices, perhaps with red radishes, chopped young onion tops, or carrots. Or shredded cabbage with thin slices of onion. Mix the chopped vegetables with salad dressing and serve it on the cabbage leaf. Or add the dressing when the salad is served, as you wish. An excellent salad dressing, is just plain sour cream. Another is whipped sweet cream with grated horseradish and lemon juice.

New cabbage is especially good for "panning" -- ie., cooking in its own steam. You shred the cabbage -- coarse or fine, as you prefer -- and cook it in a shallow pan under cover. Add no water at all, and cook the cabbage only until it is wilted a little. Serve it with melted butter, or bacon or salt-pork drippings-- and you may like to add some crisp bits of the bacon or salt pork to make it still more appetizing.

Or you may prefer your new cabbage this way: Cut the head in serving portions, or in halves, or quarters, as you please. Cook slightly, in a little water. Put the pieces in a baking dish, cover them with a rich cheese sauce, sprinkle with bread crumbs. Bake for a few minutes, until the mixture is thoroughly heated and nicely browned on top. Serve from the baking dish.

Then there is cabbage cooked in milk. A quart and a half of shredded cabbage, cooked for about 2 minutes in 2 cups of milk. Then add a cup of top milk or cream, and a thickening of flour and fat (3 tablespoons of flour to 3 tablespoons of melted fat), salt and pepper to taste. Cook rapidly for 3 or 4 minutes, stirring constantly. The cabbage retains its crispness, is delicate in flavor, and color, and you have a very nutritious dish.

